

It is unknown if pregnant women have a greater chance of getting sick from COVID-19 than the general public.

However, some of the changes that occur in women's bodies during pregnancy may increase their risk for some infections. Pregnant people have had a higher risk of severe illness when infected with other viral respiratory infections such as influenza.

If you have a fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.

Get rest and stay hydrated.

If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms.

If your symptoms get worse, call your healthcare provider immediately.

Breastmilk is the best nutrition for most babies.

It is still unknown if mothers with confirmed COVID-19 can transmit via breastmilk.

If you test positive for COVID-19, or are awaiting test results:

- Talk to your healthcare provider before starting or continuing breastfeeding. You may be able to use a breast pump to express your milk.
- If you choose to direct breastfeed, wear a facemask and wash your hands carefully.
- If you choose to express breast milk, use a dedicated breast pump and wash your hands carefully before touching the pump or bottle parts and before expressing breastmilk. Follow manufacturer's guidelines on cleaning breast pump parts.
- A healthy family member or caregiver can feed the breastmilk to your baby.
- If you are in labor, call the hospital or medical facility before you arrive to give the staff time to take proper infection control precautions to protect your baby.

Take care of your health.

- Continue to attend prenatal care visits. Use telemedicine/telehealth for medical visits if your insurance offers it.
- Keep up healthy habits: healthy eating, exercising, getting enough sleep and managing stress.

Stock up on 2-3 weeks of non-perishable food, prescriptions, and medical and health care supplies.

Create a contact list for family, friends, neighbors, healthcare providers, drivers, and community assistance programs. Let them know you may need help if you become sick.

